

**Field Size Recommendations**

6.6 Appendix A

| Fields must be rectangular, cannot be square. |  |   |   |   |   |
|---|--|---|---|---|---|
| Age   | U6/U7/U8 Plays 4v4 (no Goalie)   | U9 & U10 Plays 7v7  | U11 & U12 Plays 9v9   | U13/U14/U15 Plays 11v11                                   | U16 and Older Plays 11v11                                 |
| <b>Play Info</b>                              | 4 Quarters no more than 10 mins each w/ 5 min breaks between   | 2 x 25 Min Halves 5 min Halftime No added time  | 2 x 30 Min Halves 5 min Halftime No added time  | U13/U14 = 2x35 Min Halves<br>U15 = 2x40 Min Halves        | U16 = 2x40 Min Halves<br>U17+ = 2x45 Min Halves           |
| <b>Ball Size</b>                              | 3  | 4   | 4   | 5   | 5   |
| <b>Referee Structure</b>                      | Specific to Rec Program  | 1 Center (each team to provide a club AR)   | Full 3 Ref Crew   | Full 3 Ref Crew   | Full 3 Ref Crew   |
| <b>Traning/ Games</b>                         | 1 to 2 tranings a week no formal games necessary   | Min 5 Players to start Play, recommended each player should play 50% of game, Substition on any Stoppage  | Min 6 Players to start Play, Recommended each player should play 50% of game, Substition on any Stoppage  |   |   |
|   | Each player should play 50% of games/scrimmages when played  | Game/Training Ratio - 1 to 2 trainings per game played. Players should play in no more than 20 games a year and no more than 1 per day.   | Game/Training Ratio - 2-3 trainings per game played. Players should play in no more than 30 games a year and no more than 1 per day.  |   |   |
|   | Recommended 6 (or 12 for two team break for scrimmages)  | Roster no more 12   | roster no more 15   | roster no more 18   | roster no more 22 with only 18 active on game day roster  |
| <b>Length</b>                                 | 25-35  | 55-65   | 70-80   | 95-112  | 100-112   |
| <b>Width</b>                                  | 15-25  | 35-45   | 45-55   | 60-75   | 60-75   |
| <b>Goal Size- Min</b>                         | 4 x 6  | 6.5' (H) x 12' (W) Recommended  | 6.5' (H) x 18 (W) Recommended   | 8' (H) x 24 (W)   | 8' (H) x 24 (W)   |
| <b>Max</b>                                    | 4 x 6  | 6.5' (H) x 18' (W) Allowed<br>7.5' (H) x 21' (W) to be Phased out over the next 5 years   | 7.5' (H) x 21' (W) Allowed  | Max and Min The Same                                      | Max and Min The Same                                      |
| <b>Goal Area</b>                              | Not Applicable   | A total of 8 yards wide and 4 yards into the field of play  | A total of 12 yards wide and 5 yards into the field of play   | 6 yards from each post and 6 yards into the field of play | 6 yards from each post and 6 yards into the field of play |
| <b>Heading</b>                                | Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense | Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the penalty occurs in the goal box (tradional 6 yard box). The indirect free kick its awarded on goal area line closest to the spot of the offense paralell to the goal. | Not Allowed - If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. In the penalty box its awarded at on penalty box line closest to the spot of the offense. | Allowed   | Allowed   |
| <b>Buld Out Line</b>                          |  | build-out line shall be established on each side of the field from one sideline to the other at a point that is halfway between the top of the penalty area and the midfield line.  | Not Applicable  | Not Applicable  | Not Applicable  |

|                                 |  |   |  |  |  |
|---------------------------------|--|---|--|--|--|
| <b>Build Out Line / Punting</b> |  | If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.   | Not Applicable   | Not Applicable   | Not Applicable   |
|                                 |  | When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal - Ball is in play when it is outside the goal box. | Not Applicable   | Not Applicable   | Not Applicable   |
| <b>Offsides</b>                 | None   | Players cannot be penalized for an offside offense between the halfway line and the build-out-line. Players can be penalized for an offside offense between the build out line and goal line.   | Per Fifa Rules   | Per Fifa Rules   | Per Fifa Rules   |
| <b>Penalty Area</b>             | Not Applicable   | A total of 24 yards wide and 12 yards into the field of play.   | A total of 36 yards wide and 14 yards into the field of play.          | 18 yards from each post and 18 yards into the field of play. | 18 yards from each post and 18 yards into the field of play. |
| <b>Penalty Spot</b>             | Not Applicable   | 10 yards from center of goal line and the Arc 8 yards out.<br>10 yards  | 10 yards from center of goal line and the Arc 8 yards out.<br>10 yards | 12 yards from center of goal line<br>12 yards                | 12 yards from center of goal line<br>12 yards                |
| <b>Center Circle</b>            | Not Applicable   | 8 yard radius   | 8 yard radius  | 10 yard radius   | 10 yard radius   |
| <b>Corner Arc</b>               | Not Applicable   |   |  |  |  |
| <b>Penalty Arc</b>              | Not Applicable   | 8 yards from penalty spot   | 8 yards from penalty spot  | 10 yards from penalty spot                                   | 10 yards from penalty spot                                   |
| <b>Notes:</b>                   |  |   |  |  |  |
| <b>Goals:</b>                   |  | It is recommended that when buying goals you purchase the new standard of 6.5 x 12 or 6.5 x 18 for U9 and U10 and 6.5 x 18 for U11 and U12.   |  |  |  |
| <b>Recreation:</b>              | <b>U.S. Soccer Recommendations - Implementation is recommended but not mandatory</b> |   |  |  |  |

Based on guidelines set by U.S. Youth Soccer - Updated August 2016